PLATYPUS PRESS

- Moving ahead

September 2019

FITNESS, FRIENDSHIP AND FUN

Finally, an edition of Platypus Press for 2019

This edition has been a long time coming so there is a mass of news from 2019 that needs to be covered so if we have missed anything we will catch up in the next editions.

So far this year MST has conducted three championship events – our summers and winters and the short course Long distance championships. Two of these events have been held at the Launceston Aquatic Centre and one at the Doone Kennedy Aquatic Centre.

After a break of a couple of years our Long Course Long Distance (LCLD) Championships are returning to the Hobart Aquatic Centre.

The LCLD meet starting time will be 12 noon on Saturday, 30 November

In this edition we also announce that late this month Platypus press will be piloting a Technical edition.

In that pilot edition we will be inviting MST coaches and Technical officials to submit articles for publication. We will be extending this invitation to our interstate colleagues. If there is support for such a publication the pilot edition will evolve into something more regular.

We have probably missed a few stories this year so drop us a line and we will do a catch up in the next edition.

IN the meantime, check out what is in this edition of Platypus Press

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Annette Philpot swims Four Sydney to Hobart Races

Taken literally, that headline would be fake news, but in reality, Annette Philpot of the Talays Masters Swimming Club has swum the equivalent of over four of the iconic 1167 km Sydney to Hobart Yacht Race. Albeit, of course, over a number of years.

And to acknowledge this outstanding achievement the Vorgee Company has awarded Annette a Five Million Metres Award* for swimming those five million metres (see. https://mastersswimming.org.au/programs/million-metres-program/).

Annette had the recent opportunity to celebrate her award with other Talays members at the recent Masters Swimming Tasmania (short course) Winter Championships in Launceston, Tasmania.

Annette celebrating her award with Talays team members at the Masters Swimming Tasmania Winter Championships in Launceston 24 and 25 August 2019: (L to R: Terry Smithurst; Sue Mayne; Annette; Katrina Henry; and Richard Langman. Photos by fellow Talays team member, Ruth Langman)

Vorgee Five Million Meter awardee, Annette Philpot of Talays Masters Swimming Club with National Recorder Pauline Samson.

Vorgee Million Meters

masters swimming AUSTRALIA | MILLION METRES

The Vorgee Million Meter awards are designed to recognize progress of individual swimmers from the "learn to swim" beginner to the distance swimmer. The awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia.

The achievements of swimming 1, 2, 3, 4, 5, 7, 10, 15 and 20 Million meters are recognized by the presentation of branded items of clothing at each of those levels. Participants just need to keep a log.

How about it in 2019 - All the details can be accessed on the MSA website.

NEW MEDAL DESIGN FOR MST

At the recently completed 2019 Winter Short Course championships MST unveiled its new suite of medals.

New design gold medals were presented to 37 top age group points scorers including 7 from interstate.

The medals were designed by Diane Perndt and were based on a design brief presented to the Branch by Maciej Slugocki. The intention was to produce a uniquely Tasmania medal featuring something iconic of the State.

Prior to preparation of the design brief, several members including those from interstate were asked to name something iconic to Tasmania. The now extinct Tasmanian Tiger (scientific name *Thylacinus cynocephalus*) was often mentioned.

Our new tiger medals were designed by Diane Perndt and the "tiger golds" were first presented at our 2019 Winter Short Course Championships in Launceston on 24th of August.

The Branch still has significant supplies of the older silver and bronze medals, so these were presented at the winters and at the Summers 2020 presentations.

Our Winter Championship presentations to age group winners commenced with our interstate visitors.

The first person to be presented with the new tiger gold was Alex Hardy in the Women's 25-29 age group from Blacktown Masters. Congratulations Alex

Pictured on the right with her Tiger Gold is Hobart Dolphins Club member Mary Cousins.

Masters swimming tasmania new Tiger design championship medals

2018 FINA World Top Ten Achievers

Each year at about the end of March FINA compiles listings of the top ten fastest swimmers for every stroke and every age group and for the relay events.

Each year our members who achieve this honor are recognized at either the Summers or Winters Championships, depending on timing, by the presentation of a certificate and the World Top Ten MST patch and year.

MST was extremely pleased to see two relay teams from the Hobart Dolphins being recognized.

Fina World Top Ten 2018

- **Sue Mayne - Talays**
  - 9th - 50 Breaststroke SC
  - 5th – 100 Butterfly SC
  - 1st – 400 Individual Medley SC
- **Anne Henderson – Hobart Aquatic Centre Masters**
  - 6th 200 Butterfly
- **Diane Perndt – Talays**
  - 10th – 100 Butterfly – LC
- **Maciej Slugocki - Hobart Aquatic Centre Masters** (despite a year of illness achieved 3 top ten listings)
- **9th** - 1500 Freestyle - SC
- 8th – 1500 Freestyle – LC
- 8th – 400 Individual Medley – LC

Hobart Dolphins
9th - 320-359 - 200 Freestyle - **Relay members**
- **Jan Chew**
- **Wilma Attrill**
- **Margaret Clougher**
- **Mary Cousins**

Hobart Dolphins
9th - 320-359 – 200 Medley - **Relay members**
- **Wilma Attrill**
- **Jan Chew**
- **Megan Stronach**
- **Margaret Clougher**

The Hobart Dolphins FINA World Top Ten 320-359 - 200 Freestyle relay team

Wilma Attrill, Mary Cousins, Margaret Clougher and Jan Chew (left to right)

Diane Perndt being presented with her World Top Ten certificate by Branch President Bill Woodworth

Championship relays

These events were held for the first time at the end of the 2nd day of racing at the 2019 Summers and were contested in male, female and mixed categories.

Resources are not available to MST to stage the type of relay meet that is on the race calendar in other Branches. The introduction of this relay event provides members with and additional opportunity that is available in other Branches.

These relays were introduced by MST as a trial for 2019. Clubs have been permitted to enter as many 4 x 100m teams as they wish, providing individuals swam in only one 4 x 100m relay team.

We have now had these relays at both our summer and winter championships, and their future inclusion is now up for review. We hope that we can continue these relay events at future events.

The Branch was concerned at the time impact that conducting this additional set of relays would have on the length of the meet.

Judging by the duration of the Summer and Winter Championship sessions MST still has the opportunity of increasing the number of competitor and keeping those additional relays on the program.

Fukuoka 2021

Never too early to start planning

FINA 世界水泳 FUKUOKA 2021
CHAMPIONSHIPS 2021 7.16 - 8.1
MASTERS CHAMPIONSHIPS 2021 8.3 - 8.12

Having survived the 2019 FINA World Championships in Gwangju, South Korea it is now time to start planning for a visit to Japan in 2021.

The Masters Championships are currently scheduled to be held between the 3rd and 12th of August 2021 in Fukuoka, Japan.

The competition pool Marine Messe Fukuoka - looks absolutely fantastic You can get more details from the following link:
https://www.fina-fukuoka2021.org/en/masters/

Summers 2019

One again, Masters Swimming Tasmania shows what a great championship meet it can stage.

This meet saw the introduction, as a trial 4 * 100m relays – and what outstanding success they proved to be.

We saw some great racing, many records broken and a fun meet. For this meet we moved our presentations to the Philip Smith Centre – a much more spacious venue where everyone that purchased a ticket had a seat and best of all there was good space for the presentations. This great event was organized for MST by the Hobart Dolphins Club – a great thanks to the members of the club for a fantastic post-race event.

The Club Championship for this meet was once again won the team from the Hobart Aquatic Centre Masters Swimming Club who topped the table with 1,919 points. This the fourth consecutive year that the club has won the summer championships trophy

Not only was Hobart Aquatic Masters the top point scoring club it also won the New Norfolk trophy which is based on the points scored compared to club membership at the end of the previous year.

Club	Points
Hobart Aquatic	**1,919**
Hobart Dolphins	971
Devonport Devils	947

Top three point-scoring clubs at the 2019 Summer Championships

Club	New Norfolk Trophy
Hobart Aquatic	**33.60**
Huon Valley	28.87
Devonport Devils	28.69

New Norfolk trophy top three clubs at the 2019 Summer Championships

The Hobart Aquatic Club continued its dominance with Gabrielle Osborne recording the top FINA points for her 30.67 swim time in the 50 freestyle. The best male swim of the meet went to Brent Walker from the same club with his 31.58 in the men's 45-49 age group 50m backstroke.

Twenty-three Tasmanian records were also broken at this meet - ten of them by members of the Hobart Aquatic Club

Club	M	F	Total
TAC	6	4	10
TDP	3	2	5
THB		5	5
TLC		1	1
TTL	1		1
TVA	1		1
Total	**11**	**12**	**23**

Records by Club

The top Individual record breaker was Tony Forman setting five new marks.

Our swimmers of the meet were Brent Walker from the Hobart Aquatic Centre Master SC while the Female Swimmer of the meet was Amanda Duggan swimming for the MST virtual club the Van Diemens.

Upcoming Events

Entries are now open for the 24th MST Long Course Long Distance Championships

National Series Meet

Masters Swimming NSW
Short Course Championships 2019

Sanction # N2019/10CH
Peninsula Leisure Centre
243 Blackwall Rd, Woy Woy

12-13 October, 2019
Short Course - 25m
(surveyed pool)

National Series Meet

2019 MSSA SC State Cup

October 20 @ 8:30 am - 12:30 pm $25.00

Short Course State Cup
Pool: SA State Aquatic & Leisure Centre
Date: 20/10/2019
8.30 am Warm-up
9.00 am Start

masters swimming AUSTRALIA

NATIONAL CHAMPIONSHIPS 2020 SYDNEY

Caeleb Dressel at the 2019 FINA World championships

Caeleb Dressel - not a masters competitor but worth hoping he becomes one.

This incredibly talented young man enthralled everyone that watched him race at the recent FINA World Aquatic Championships.

If you don't have a streaming subscription you probably only managed to see snippets of the latest USA swimming superstar on news items.

Six golds, three in one day, four individual world titles, an individual world records in the 100m Butterfly (taking it off Phelphs' ten-year-old record) and a share of three other World record as part of team USA's

Dressel's golds came in the 50 and 100 free, 50 and 100 butterfly, mixed 400 free relay and 400 free relay. His other silver was in the mixed 400 medley relay. He was named the FINA male swimmer of the meet. This is the second World Championship meet that Caeleb has been honored that way.

Caeleb Dressel
Concentration mode - pumped

Check out the video from Swimming USA https://www.youtube.com/watch?v=Hw1p-NUMXjY

If you would like to get to get a bit more of an appreciation of this young heir to the great Michael Phelps throne here is then check out this video rom NBC.

https://www.youtube.com/watch?v=uErCfk_UoOY

In this edition of Platypus Press we feature a selection of photos from the FINA championships. Check them out on page 15.

MSA Traing camp 2020 June 7 to 14

Its on again in 2020.

The fourth Masters Swimming Australia training camp is confirmed. The camp will once again be conducted at the Thanyapura Health and Sports Resort on the beautiful island of Phuket in Thailand.

Maciej Slugocki, Tony Forman and Lawrence Watt have attended a number of the camps so have a chat to one of them if you are interested in attending the one next year.

MST will publish more details on the camp as they come to hand. The latest information will be the event page at 2020 MSA Swim Camp.

The training pool during the day

and at night

Our Programs

Vorgee Endurance 1000 Program

masters swimming AUSTRALIA | ENDURANCE 1000

The Vorgee Endurance 1000 program has been in existence, in one guise or another, for over thirty years. Underlying its existence is the encouragement and promotion of both aerobic swimming and competition in a relaxed atmosphere at the club level.

Participants in the program "compete" against themselves with preset target swims and participating with together with their clubmates for the national Vorgee 1000 Endurance award.

How about it in 2019 – there is still some time. All the details can be accessed on the MSA website.

Vorgee Million Meters

masters swimming AUSTRALIA | MILLION METRES

The Vorgee Million Meter awards are designed to recognize progress of individual swimmers from the "learn to swim" beginner to the distance swimmer. The awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia.

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How about it in 2019. There is still some time. All the details can be accessed on the MSA website.

National Swim Series

Planning some breaks in 2019 or 2020? Why not plan them in such a way that you can get to a national swim series meet. In 2019 there will be 8 events in the series - one meet in every Branch plus the National Championships. The program for 2020 is currently being finalised

FINA points are the basis used for calculating the overall results using a multiplier. The more meets are competed in, the more favorable the multiplier becomes.

All the details are on the MSA website including details of how the points are calculated. Why don't you give it a go.

masters swimming AUSTRALIA

MASTERS SWIM SERIES

Megan Wells
A 2019 rising star

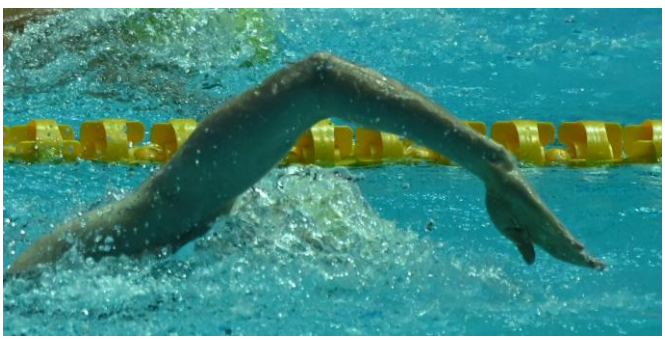
Rising star from the Devonport Devils, Megan Wells had a red hot go at setting some new Branch records in 400- and 800-meter freestyle events.

First the 400 freestyle. At the recent Pan Pacs Megan broke the record which had stood for over 26 years having been last broken on 22 February 1992. That record had been held by Kathy Smith of the Devonport club and was set at the New Norfolk Pool.

And then the 800 Freestyle. The record that Megan broke had stood for over 27 years having last been broken even earlier that the 400 on 12 March 1991. That record too had been held by Kathy Smith. **Well done Megan.**

[Editor's note: Thank you Pauline Samson, our Branch and National Recorded for spotting those records.]

Megan, pictured below won the 2018 Summers swimmer of the meet trophy and has continued to break records in 2019. Megan's total record haul (as at 30 June 2019) now stands at 23.



Technical note:

Arm entry in freestyle

Fingers first, then wrist, then elbow

Club Facebook Pages

Devonport Devils

Hobart Aquatic Centre

Hobart Dolphins

Launceston Lemmings

Tomatoes Swim

Australia Swims

The Australia Swims is a nine-day celebration of Australia's love for swimming and the water. And its back on in 2020.

In January, Swimming Australia and its partners will be encouraging every Australian to reconnect with their love of swimming. There will be nine days of water experiences all over Australia, giving everybody the chance to get involved, share and celebrate the moments that make us feel better, in the places we love.

Make sure you and your club are involved in 2020.

There will be more news coming out later in the year so make sure you join the MSA team when the 20202 Lap Australia challenge opens.

MST Short Course Long Distance Championships Launceston 1 June 2019

Forty-seven members from 5 MST clubs and four from interstate competed at the 24th Short Course Long Dist. MST Championships held in Launceston on 1 June.

The highlight of the meet was a fantastic Australian 1500m freestyle record set by Craig Shepherd swimming for the Tomatoes Club.

The record broken by Craig had stood for 16 years Along the way he also broke the 800m record.

Twenty-four MST records were also broken – seven by the women and seventeen by the men. Of the 24 records broken eleven were by members of the Hobart Aquatic team.

The top record breaker for the meet was Tony Forman who broke all of the freestyle records for his age group - from the 100 through to the 1500. These records were previously all held by John Pugh.

Records by Club

Club	Records
TAC	11
TDP	7
THB	1
TLC	2
TTL	1
TTS	2
Total	**24**

The two top FINA point swims (852 and 734) were by Rosa Montague (1500 and 400 Freestyle) and by Craig Shepherd in his 1500m free (729)

In the final edition pf PP for 2019 we will publish a full listing of our record breakers for 2019

Craig Shepherd at the end of his warmup prior to breaking an Australian 1500m freestyle record

MSA National Championships - Adelaide

Fourteen members of MST represented their clubs at the MSA National Championships held in Adelaide at the South Australian Aquatic and Leisure Centre in March.

Forty-two podium finishes were recorded by our members. Of these eight were gold – all by members of the Hobart Aquatic Centre Club

Maciej Slugocki from the Hobart Aquatic Centre Masters Swimming Club topped the individual gold medal tally with four and an overall seven podium finishes.

Tony Forman from the Hobart club finished with three golds and Brent Walker with one.

The highest FINA point scoring swim was by Maciej Slugocki with 766 points in the 800 Free.

Top FINA point scoring swims

Name	Club	Event	Points
Maciej Slugocki	TAC	800 Free	766
Brent Walker	TAC	50 Back	678
Tony Forman	TAC	50 Free	646
Brent Walker	TAC	100 Back	643
Brent Walker	TAC	50 Fly	642

A total of twenty-five Branch records were broken at the nationals – fifteen of these by the Hobart Aquatic Centre Club n=members.

A remarkable nine records were broken by Tony Forman with Kathryn Osborne breaking four.

PP will feature a story in its next edition on the inaugural MSA Open Water Championships

Record Breakers

Club / Name	Records
TAC	**15**
Tony Forman	9
Brent Walker	3
Maciej Slugocki	3
TDP	**3**
Ricky Homan	3
THB	**6**
KATHRYN OSBORN	4
MEGAN STRONACH	2
TLC	**1**
John Pugh	1
Total	**25**

Podium Finishers

Club / Name	Gold	Silver	Bronze	Total
TAC	**8**	**8**	**6**	**22**
Maciej Slugocki	4	2	1	7
Tony Forman	3	5		8
Brent Walker	1	1	4	6
Philip Tyrell			1	1
TDP		**6**	**6**	**12**
Heather Parker		4	2	6
Ricky Homan		2	4	6
THB		**3**		**3**
Kathryn Osborn		3		3
TLC		**1**	**4**	**5**
John Pugh		1	4	5
Total	**8**	**18**	**16**	**42**

Club Representation

Hobart Aquatic
Tony Forman, Maciej Slugocki, Philip Tyrell and Brent Walker,
Devonport:
Ricky Homan and Heather Parker
Hobart Dolphins:
Kathryn Osborn, Fiona Redgrove, and Megan Stronach
Launceston:
John Pugh, John Rawson and John Towers
Talays:
Kris Apps
Huon Valley:
Sharon Smith

MST Winter Championships

The MST Short Course Winter Championships were held at the Launceston Aquatic Centre on the weekend of 24 and 25 August.

This meet saw the launch of our new "Tiger" championship medals, designed by Hobart Aquatic Centre club member and graphic designer, Dianne Perndt. [See article on page 3].

One hundred and thirty members, from eight MST's clubs including 19 members from 14 interstate clubs, competed at our championships.

Following their success at the Summer Championships the Hobart Aquatic Center Masters Swimming club won the Club Champion trophy. It did this in style winning both the Men's and Women's section (not that they have been separately announced in the past).

Top Three Club Point Scores

Club	Points
Hobart Aquatic	2,555
Launceston	1,992
Hobart Dolphins	1,188

The Hobart Aquatic team also took out the 2019 Club Relay championship trophy with a total point score of 1,124 with Launceston in second place with 590 and Devonport in third place with 523 points.

The overall best performance in the pool was that of Hobart Aquatic Centre Club member Gabrielle Osborne. Gabrielle's 50m breaststroke time of 37.98 gave her 715 FINA Points. Congratulations!

Swimmers of the Meet

The Female Swimmer of the Meet was hotly contested as there was only 41 FINA points between the top three.

Amada Duggan the trophy with 3,085 points from Megan Wells with 3,052 and Anne Henderson with 3,044 points.

Brent Walker topped the Men's standings with 3,103 points, Adam Fergusson from Launceston finished in second place with 2,968 points and Ricky Homan from Devonport in 2,674 points.

Amanda and Brent Walker are making a habit of taking out the Swimmer of the Meet trophies, so it is great to see them keeping up their high standards.

Trophies fought for

Records

Provisionally, a total of 36 branch records were broken at this meet. - fifteen in relays and twenty-one individual.

Of the twenty-one individual records broken, nineteen were by the Hobart Aquatic Centre team and all by the men – members from Devonport and Talays each broke 1 record. [Cont. on following page]

Our youngest and oldest competitors

Lachlan Steel (18) and Margaret Clougher (90)

Top three Individual swims

Name	Club	Event	FINA points
Garielle Osborne	TAC	50 Br	715
Brent Walker	TAC	50 Bk	685
Megan Wells	TDP	200 Fr	662

MST Winter Championships

(Continued from previous page)

MST Congratulates Tony on his record spree at this meet.

Record Breakers at the Winters

Name/ Club	TAC	TDP	TTL	Total
Tony Forman	7			7
Brent Walker	5			5
Allan Nichols	4			4
Terry Smithurst			1	1
Ricky Homan		1		1
Lachlan Steele	1			1
Philip Tyrell	1			1
Maciej Slugocki	1			1
Total	**19**	**1**	**1**	**21**

The Hobart Aquatic Centre Club didn't dominate the relays however. Fifteen records were broken and this time not a single record by the men's teams.

Relay records

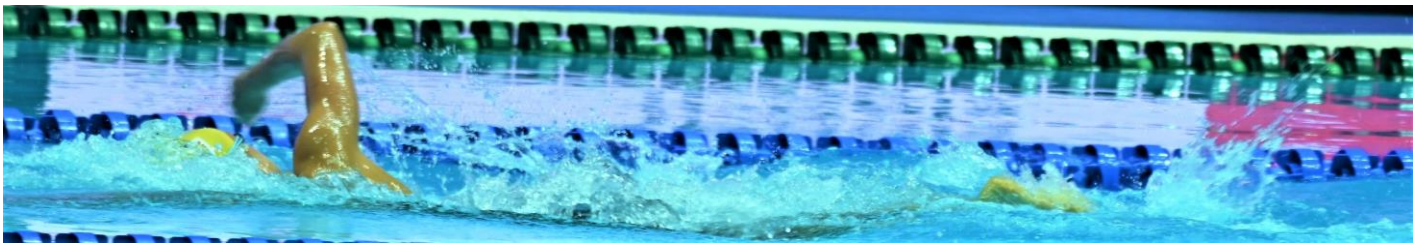
Relay / Club	TAC	TDP	THB	TLC	Total
Female		2	3		5
Mixed	5	2	1	2	10
Total	**5**	**4**	**4**	**2**	**15**

Winters photos courtesy of Rod Oliver

FINA MASTERS 2019

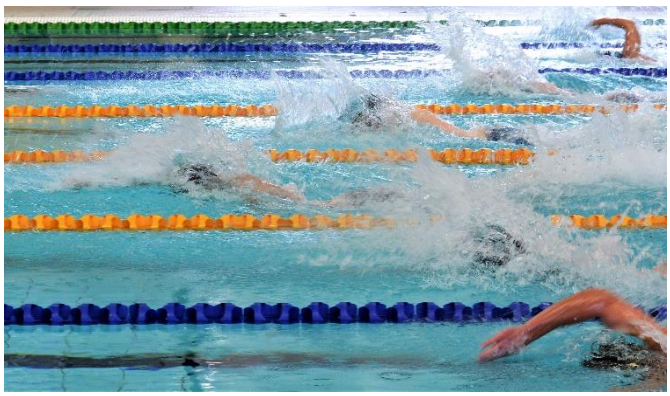
In our next edition of Platypus Press we will include a roundup of the FINA Masters World Championships

2019 FINA WORLD CHAMPIONSHIPS



Platypus Press editor Maciej Slugocki, recently spent a week at the FINA World Aquatic Championships. He was poolside taking photos from the media podium. A selection of his photos is presented here.

2019 FINA WORLD CHAMPIONSHIPS (cont.)



SUMMERS 2019 SNAPS